



Three Variations on the Classic Italian Salad, Insalata Caprese

Three Variations on Insalata Caprese—A New Take on the Classic Tomato and Mozzarella Salad

Easy 2 Servings 40 min.



The most popular fruit vegetable in Italian cuisine is—and always will be—the tomato. In this salad recipe, it takes center stage, and we'll show you three different takes on the classic Insalata Caprese.

For a slightly more unusual twist, we roast the tomatoes in the oven with olive oil, fresh rosemary, thyme, and garlic, then garnish them with homemade onion jam and fresh oregano. Another variation features breaded mozzarella, which develops wonderful flavors when fried and gains a special freshness from the grilled lemon. We'll also show you a salad variation with black olives, pine nuts, and basil. So if you're in the mood for something different, you should definitely give these recipes a try!

Ingredients

For the Insalata Caprese with sun-dried tomatoes

3 medium tomatoes

1 ball of mozzarella

70 g sun-dried tomatoes

10 black olives

4 tbsp olive oil

3 tbsp Aceto Balsamico di
Modena I.G.P.

50 g pine nuts

½ tablespoon mustard

1 tsp honey

A handful of basil

Sea salt

Freshly ground black
pepper

For the baked mozzarella with grilled lemon

1 mozzarella

1 lemon

3 tomatoes

1 egg

4–6 tbsp breadcrumbs

2 tbsp flour

4 tbsp Condimento Bianco

1 tsp brown sugar

¼ red onion

4 tbsp olive oil

350 ml neutral oil for
frying

A handful of basil

A few sprigs of fresh
oregano

Sea salt

Freshly ground black
pepper

For the braised tomatoes with onion jam

12 cherry tomatoes on the
stem

1 ball of mozzarella
10 tbsp Aceto Balsamico
di Modena I.G.P.
15 tbsp olive oil
1 red onion
10 tbsp dry red wine
2 tsp brown sugar
1 clove of garlic
A handful of fresh
oregano
A few basil leaves
A few sprigs of rosemary
A few sprigs of thyme
Sea salt
Freshly ground black
pepper

Step 1: Caprese Salad with Sun-Dried Tomatoes, Olives, and Pine Nuts

Wash the tomatoes and basil and chop them into small pieces. Pit the olives and cut them in half. Slice the ciabatta. Next, toast the pine nuts in a pan without oil until they're golden brown, then set them aside. For the dressing, mix together Aceto Balsamico di Modena I.G.P., salt, mustard, a little honey, and freshly ground black pepper. Finally, stir in the olive oil. Then cut the sun-dried tomatoes into thin strips. Tear the mozzarella into pieces, and then mix all the ingredients together. Serve this Caprese salad variation with fresh ciabatta, toasted pine nuts, and torn basil.

Step 2: Baked Mozzarella with Grilled Lemon

First, wash the tomatoes and cut them into wedges. Then peel the red onion and cut it into thin strips. Set out three deep plates or bowls. Fill one bowl with flour, the next with egg, and the third with breadcrumbs. Next, place a pot with the neutral oil on the stove and heat it up. Meanwhile, slice the ciabatta and set it aside. Then grate a little lemon zest—this will give your salad dressing a summery citrus note. Next, cut the mozzarella into large cubes and coat them first in flour, then in egg, and finally in breadcrumbs. Repeat this process without the flour so that the mozzarella has a double coating. Fry the breaded mozzarella in oil at 180°C until it's golden brown. Cut the lemon in half and sear it in a pan without oil, cut-side down, until it's golden brown. For the dressing, combine the Condimento Bianco, salt, brown sugar, lemon zest, freshly ground black pepper, and red onions. Stir in the olive oil, then toss the finished dressing with the tomatoes. Arrange the tomato salad on a plate, then sprinkle with finely torn basil and fresh oregano. Add the fried mozzarella and the grilled lemon.

Step 3: Braised Tomatoes with Onion Jam

First, peel the onion and cut it into thin strips. Wash the tomatoes and place them on a slightly deeper baking sheet. Preheat the oven to 100 °C. Wash the oregano and basil, and peel and quarter the garlic clove. Slice the ciabatta and the mozzarella. Drizzle the tomatoes with olive oil, then sprinkle with rosemary, thyme, and garlic. Season with salt and black pepper and roast in the preheated oven for 20 minutes. Set aside the flavored oil and let it cool slightly, as it can be used for the dressing. Pour a little oil into a saucepan and heat over medium heat. Sauté the onions and deglaze with red wine. Add

Aceto Balsamico di Modena I.G.P. and brown sugar, then let simmer for 10 minutes. Give the onions some time: they'll develop a wonderful sweetness. The longer you let them cook, the sweeter and more flavorful they'll become. Mix together the Aceto Balsamico di Modena I.G.P., salt, brown sugar, and freshly ground black pepper, and finally stir in the flavored olive oil from the braised tomatoes.

Diese und weitere leckere Rezeptideen findest du auf:

www.rodiparma.de/italienische-rezepte